Fantasy of Foods

COOK BOOK

NATIONAL LIVE STOCK AND MEAT BOARD *Homemaker's Service Dept.*
407 So. Dearborn St., Chicago 5, Ill.

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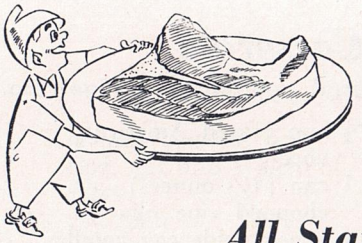


Beef Recipes

All Star Winner

A ground beef recipe, popular from coast to coast.

2 pounds ground beef
2 cups chopped onion
1½ cups chopped celery
⅔ cup chopped green pepper
3 tablespoons lard
1 tablespoon chili powder
1½ teaspoons salt
¼ teaspoon pepper
1 clove garlic, minced
2 cans (10½ ounces each) condensed tomato soup
2 cups mashed potatoes

Cook onion, celery and green pepper in lard until tender. Add ground beef and cook until lightly browned. Pour off drippings. Add chili powder, salt, pepper, garlic and tomato soup and heat through. Pour into a 2½-quart casserole or seven 10-ounce custard cups. Tube mashed potatoes on top. Bake in a hot oven (425° F.) 15 to 20 minutes or until potatoes are lightly browned. 6 to 8 servings.

Beef and Sausage Pyramids

A delightful flavor combination.

1½ pounds ground beef
1 pound pork sausage links
1 teaspoon salt
¼ teaspoon pepper
8 tomato slices, cut ½ inch thick
1½ teaspoons instant minced onion
1½ teaspoons parsley flakes
1 can (4 ounces) mushroom caps

Combine ground beef, salt and pepper. Shape into 8 patties approximately ½ inch thick. Top each with a tomato slice, sprinkle with instant onion and parsley. Place 2 sausage links on each patty and arrange on a rack in a shallow roasting pan. Bake in a moderate oven (350° F.) for 30 minutes. Remove from oven and place mushroom caps on top, using a wooden pick to hold in place. Return to oven and continue baking for 15 minutes. Serve hot. 8 servings.

California Casserole

Prepare at your leisure, serve later. A treat for the budget, too.

- 8 ounces dried beef
- 1 cup diced celery
- 1 cup diced onion or reconstituted instant minced onion
- 2 tablespoons lard
- 2 tablespoons flour
- 2 cups milk
- ¼ teaspoon pepper
- ½ cup grated American cheese
- 1 can (4½ ounces) chopped ripe olives
- 4 ounces wide egg noodles, cooked, seasoned and drained
- ⅓ cup coarse bread crumbs, toasted
- 1 tablespoon melted butter

Cut dried beef in pieces, if desired. Cook celery and onion in lard until tender. Stir in flour. Add milk and cook, stirring constantly, until thickened. Add pepper. Remove sauce from heat. Add grated cheese and stir until it is melted. Add dried beef and ripe olives. Combine noodles with dried beef mixture and pour into a greased 2-quart casserole. Mix toasted crumbs and butter and sprinkle over meat mixture. Bake in a moderate oven (350° F.) for 30 minutes. 6 servings.

Liver Fantastique

Good eating and good for you. So easy to prepare.

- 1½ pounds beef or pork liver, sliced ½ inch thick
- 6 slices bacon, diced
- ½ cup chopped onion
- ¼ cup chopped green pepper
- ¾ cup dark brown sugar
- ½ cup vinegar
- 1 teaspoon salt
- ⅛ teaspoon pepper
- ¼ teaspoon marjoram
- ¼ teaspoon rosemary

Cook bacon until lightly browned. Add onion and green pepper and cook until tender. Add brown sugar, vinegar, salt, pepper, marjoram and rosemary. Remove membrane from liver. Place liver in a 9x13-inch baking dish. Pour sauce over liver and bake in a moderate oven (350° F.) for 25 to 30 minutes. 4 to 6 servings.

Beef Harlequin

Power-packed with high quality protein.

- 2 pounds boneless beef clod, cut into 1-inch cubes
- ⅓ cup flour
- 1 tablespoon salt
- ¼ teaspoon pepper
- 3 tablespoons lard or drippings
- 2 cans (4 ounces each) mushroom stems and pieces
- 1 beef bouillon cube
- ¼ cup hot water
- 6 small carrots, cut in ½-inch pieces
- 4 medium tomatoes, peeled and quartered
- 4 stalks celery, cut into 2-inch pieces
- 2 tablespoons parsley flakes
- 1 can (16 ounces) onions
- Flour

Mix together flour, salt and pepper. Dredge beef cubes in seasoned flour. Save remaining flour. Brown meat on all sides in lard or drippings. Pour off drippings. Drain mushrooms and save liquid. Dissolve bouillon cube in water. Add mushroom liquid and bouillon to meat. Cover tightly and simmer 1½ hours. Add carrots, tomatoes, celery and mushrooms, cover and simmer 1 hour. Add parsley and onions, cover and simmer until meat and vegetables are tender. Remove meat and vegetables and thicken liquid for gravy. 6 to 8 servings.

The Host's Dinner

Hearty and traditional. A winner with the men.

- 3 to 4-pound fresh boneless beef brisket
- Water
- 3 whole onions
- 1 bay leaf
- ½ teaspoon caraway seeds
- 1 tablespoon salt
- ⅓ cup vinegar
- 1 medium head cabbage, cut into 6 to 8 wedges
- 1 can (16 ounces) whole beets

Cover meat with water. Add onions, bay leaf, caraway seeds, salt and vinegar. Cover and simmer 3 to 3½ hours or until tender. Remove meat. Place cabbage in the water and cook 15 minutes. Heat beets separately. Serve beets and cabbage with meat. 6 to 8 servings.

Round Table Pot-Roast

Zesty flavored barbecue sauce and an abundance of good eating.

- 3 to 4-pound beef blade pot-roast
- 2 tablespoons lard or drippings
- ½ cup water
- ½ cup chopped onion
- ⅓ cup chopped celery
- 1 tablespoon brown sugar
- 1½ teaspoons salt
- ½ teaspoon pepper
- 1 teaspoon hickory smoked salt, if desired
- ¼ cup flour
- 1 teaspoon prepared horseradish
- 1 teaspoon prepared mustard
- 2 tablespoons lemon juice
- 2 tablespoons wine vinegar
- 2 tablespoons Worcestershire sauce
- 1 cup water
- ½ cup catchup
- 1 cup chili sauce

Brown pot-roast in lard or drippings. Pour off drippings and save. Add ½ cup water, cover tightly and simmer 2 hours. Cook onion and celery in drippings until lightly browned. Combine brown sugar, salt, pepper, hickory smoked salt, flour, horseradish, mustard, lemon juice, vinegar, Worcestershire sauce, water, catchup and chili sauce. Add to cooked onion and celery and mix well. Add mixture to pot-roast and continue cooking 45 minutes or until meat is tender. 8 to 10 servings.

Hamburg Stroganoff

A gourmet's dish on a limited budget.

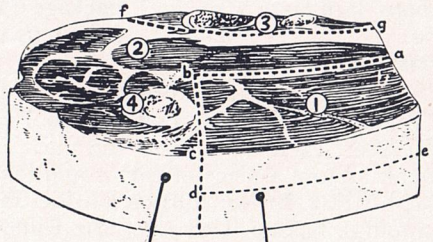
- 1 pound ground beef
- ½ cup minced onion
- 1 clove garlic, minced
- ¼ cup lard
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 can (8 ounces) mushroom stems and pieces
- 1 can (10½ ounces) cream of celery soup
- 1 cup dairy sour cream
- 2 teaspoons parsley flakes or minced parsley
- 1 package (8 ounces) noodles, cooked

Cook onion and garlic in lard until tender. Add ground beef and brown lightly. Pour off drippings. Season with salt and pepper. Add mushrooms and liquid and cook 5 minutes. Add undiluted cream of celery soup and simmer uncovered for 10 minutes. Add sour cream and parsley and cook just until heated through. Serve over noodles. 6 servings.

BEEF ARM POT-ROAST

Two Meals for a Family of Four

1. Cut through natural dividing seam a to b then through meat from b to c to separate meaty piece ① from arm pot-roast.

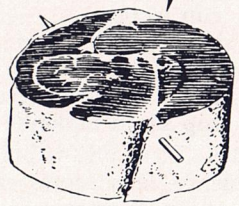


For a family of four you will want an arm pot-roast that weighs from 4 to 5 pounds.

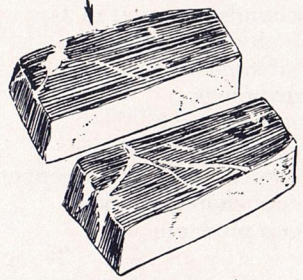
2. Either leave ① in one piece or split it into two thinner steaks by cutting from d to e.

3. Cut from f to g to remove rib section ③ from arm pot-roast. Then remove armbone ④. The bones may be used for soup.

4. Fashion piece ② into a boneless roll and fasten with a skewer or tie with string.



BONELESS POT-ROAST
Will make four easily carved servings.



SWISS STEAKS
As indicated in step number 2 this section may be used as one thick Swiss steak or two thinner ones.

Petite Pot-Roast

Guaranteed to please the most discriminating of guests.

- 2 beef flank steaks
- 2 tablespoons prepared mustard
- 4 carrots
- 3 tablespoons lard or drippings
- 2 teaspoons salt
- ½ cup water
- ¼ cup catchup
- 4 medium potatoes, peeled and cut in half
- 1 package (10½ ounces) frozen peas.

Score one side of steaks. Spread scored side with prepared mustard. Cut each flank steak crosswise into 4 equal portions. Cut 8 pieces of carrot, each as long as the meat is wide. Roll each serving of steak around a piece of carrot and fasten with a wooden pick or tie with string. Brown rolls on all sides in lard or drippings. Pour off drippings. Season with salt. Mix water and catchup and pour over rolls. Cover tightly and simmer for 1 hour. Arrange potatoes around meat, cover tightly and simmer 45 minutes longer. Add peas and continue cooking until meat is tender and vegetables are done. 6 to 8 servings.

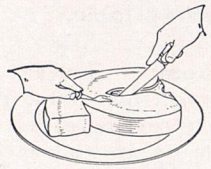
Almond Veal Imperial

Delicate flavors to tempt the palate.

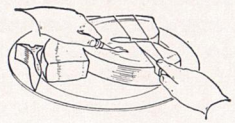
- 2 pounds veal, cut in 1-inch cubes
- 2 tablespoons lard or drippings
- 1 teaspoon salt
- 2 cups chopped celery
- ¼ cup chopped green pepper
- ½ cup chopped onion
- ¼ cup pimiento
- 1 can (4 ounces) mushroom stems and pieces
- 1 can (10½ ounces) mushroom soup
- ¼ cup soy sauce
- ½ cup water
- 1 package (8 ounces) noodles, cooked
- 1 cup dairy sour cream
- ½ cup sliced almonds

Brown veal in lard or drippings. Pour off drippings. Add salt, celery, green pepper, onion, pimiento, mushrooms and liquid, mushroom soup, soy sauce and water. Cover tightly and simmer 45 minutes or until tender. Combine noodles and sour cream with veal mixture. Place in a greased 2½-quart casserole and top with sliced almonds. Bake in a slow oven (325° F.) for 30 minutes. 6 to 8 servings.

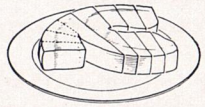
Carving a Porterhouse Steak



Holding the steak with the fork inserted at the left, cut close around the bone. Lift the bone to the side of the platter where it will not interfere with the carving.



With fork firmly holding the tenderloin, cut across full width of the steak, making wedge-shaped slices. (Wider at far side). Each serving will include a portion of tenderloin and top loin.



Serve flank end last if additional servings are needed. A board, to fit the platter, protects cutting edge of the knife.

Broiled Porterhouse or Sirloin Steak

The king of beef cuts, broiled to perfection.

Beef porterhouse or sirloin steak, cut 1 to 2 inches thick
Salt
Pepper

Set regulator for broiling. Place steak on broiler rack. Insert broiler pan and rack so the top of a 1-inch steak is 2 to 3 inches from the heat and a 2-inch steak is 3 to 5 inches from the heat. When one side is browned, season, turn and finish cooking on the second side. Season.

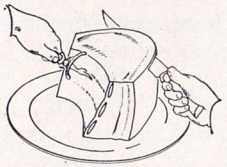
Steaks cut 1 inch thick require 18 to 20 minutes for rare steak and 20 to 25 minutes for medium-done steak. Steaks cut 2 inches thick require 30 to 45 minutes for medium-done steak. 1 to 2 servings may be obtained from a 1-inch porterhouse steak; 2 to 4 servings from a 2-inch porterhouse steak; 3 to 6 servings from a 1-inch sirloin steak; 6 to 12 servings from a 2-inch sirloin steak.

Freezing Meat

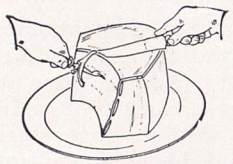
Meat	*Maximum Storage Time* Months*
Beef	6 to 12
Lamb and Veal	6 to 9
Fresh Pork	3 to 6
Ground beef and lamb	3 to 4
Ground pork	1 to 3

**This range in maximum storage time reflects differences in recommendations of various authorities using meat from different sources.*

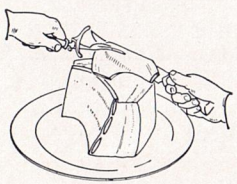
Carving a Standing Rib Roast of Beef



Place the roast on the platter with the largest end down to form a solid base. Insert the fork between the two top ribs. Starting on the fat side, carve across the grain to the rib bone.



Use the tip of the knife to cut along the rib bone to loosen the slice. Be sure to keep close to the bone, to make the largest servings possible.



Slide the knife back under the slice and, steadying it with the fork, lift the slice to the side of the platter. If the platter is not large enough, place the slices on a heated platter close by.

Standing Ribs of Beef

Tried and proven. A winner at every table.

2 to 3-rib beef standing rib roast
Salt
Pepper

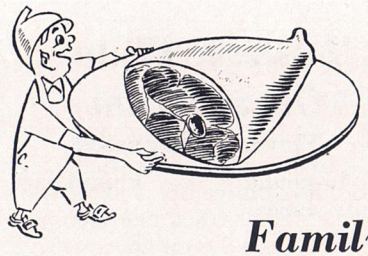
Have the market man remove the chine bone to make carving easier. Season. Place fat side up on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part, being sure that the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.) to the desired degree of doneness. The meat thermometer will register 140° F. for rare; 160° F. for medium-done; 170° F. for well-done. Allow 18 to 20 minutes per pound for cooking a rare roast; 22 to 25 minutes for medium; and 27 to 30 minutes for well-done.

Southern Pot-Roast

For true hospitality and gracious dining, serve this tempting dish with pride.

- 4 to 5-pound beef arm pot-roast
- 3 tablespoons lard or drippings
- 2½ teaspoons salt
- ¼ teaspoon pepper
- ¾ cup chopped onion
- 1 can (16 ounces) tomatoes
- 1 package (10½ ounces) frozen succotash

Brown pot-roast in lard or drippings. Pour off drippings. Add salt, pepper, onion and tomatoes. Cover tightly and simmer 2½ to 3 hours or until meat is tender. Add succotash and continue to simmer for 15 minutes. Serve on heated platter. 6 to 8 servings.



Pork Recipes

Family Steaks

Nutritious and flavorful pork blade steaks served on a bed of rice.

- 5 pork blade steaks, cut ¾ inch thick
- 2 tablespoons lard or drippings
- 6 medium onions, sliced thin
- ¾ cup rice
- ¼ teaspoon marjoram
- ¼ teaspoon sage
- 2½ teaspoons salt
- ⅛ teaspoon pepper
- 2 cups water

Brown pork steaks in lard or drippings. Cover tightly and simmer for 30 minutes. Remove pork steaks and pour off all but 1 tablespoon drippings. Cook onions in drippings, stirring constantly, until lightly browned. Add rice, marjoram, sage, salt, pepper and water. Mix well. Place pork steaks on top of rice mixture. Cover tightly and continue to simmer for 30 minutes or until meat is done. 5 servings.

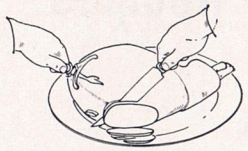
Tasty Spareribs

Outdoor cooking fun and flavor anytime of the year.

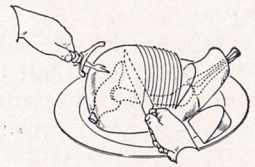
- 3 to 4 pounds spareribs, cut 4 to 6 inches wide
- 1½ cups catchup
- ½ cup soy sauce
- 1 tablespoon Worcestershire sauce
- ⅛ teaspoon hot pepper sauce
- 1 tablespoon lemon juice
- 1 clove garlic, minced

Combine catchup, soy sauce, Worcestershire sauce, hot pepper sauce, lemon juice and garlic. Pour mixture over spareribs and allow spareribs to marinate 10 to 12 hours, turning after 6 hours. Weave spareribs on spit and place on rotisserie. Insert spit in oven and cook according to instructions with rotisserie. Place broiler pan (without rack) below meat to catch drippings. Roast at a moderate temperature (350° F.) for 1½ to 2 hours or until done.

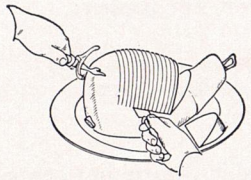
Carving a Baked Ham or Leg of Lamb



Place the ham on the platter with the decorated side up and the shank to the carver's right. Remove several slices from the thin side to form a solid base on which to set the ham.



Turn the ham on its base. Starting at the shank end, a small wedge cut is removed; then carve perpendicular to the leg bone as shown at the left.



Release slices by cutting under them and along the leg bone, starting at the shank end. For additional servings, turn ham over to the original position and make slices to the bone, release and serve.

Festive Plum Glaze Ham

Flavor unsurpassed.

12 to 14-pound fully-cooked ham
Plum Glaze

Place the fully-cooked ham, fat side up, on rack in an open roasting pan. Insert meat thermometer so that the bulb reaches the center of the thickest part and does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (325° F.) until the thermometer registers 125° F. to 130° F. Allow 12 to 15 minutes per pound. About 30 minutes before the end of the cooking time, and for 10 minutes intervals thereafter, pour ½ cup of the Plum Glaze over the ham.

Plum Glaze

1 can (1 pound 1 ounce) purple plums with sirup
1 teaspoon grated orange rind
2 tablespoons brown sugar
½ teaspoon dry mustard

Drain plums and save juice. Press plums through a sieve. Mix brown sugar and dry mustard. Add 1 cup plum juice, ½ cup plum pulp and grated orange rind. Mix well. Yield: 1½ cups.

* * *

Because of its versatility, nutritive value, compatibility with other foods, variety, and abundance of supply, pork fits into any mealtime picture: breakfast, lunch, supper, special occasions, outdoor cookery and snacks.

Treasure Chest Pork Chops

A delectable surprise inside each serving.

6 pork rib chops, cut 1½ inches thick, with pockets for stuffing
¼ cup chopped celery
¼ cup chopped onion or reconstituted instant minced onion
2 tablespoons lard
1 egg, slightly beaten
¼ cup water
¼ teaspoon salt
2 teaspoons poultry seasoning
2 cups coarse bread crumbs, toasted
½ cup finely chopped cashew nuts
3 tablespoons lard or drippings
1 can (10½ ounces) condensed mushroom soup
½ cup water

Cook celery and onion in lard until tender. Combine egg, water, salt, poultry seasoning, celery, onion, toasted bread crumbs and chopped cashews. Mix well. Fill pockets in pork chops with stuffing. Brown in lard or drippings. Pour off drippings. Mix mushroom soup and water and pour over chops. Cover tightly and simmer for 1 hour or until done. 6 servings.

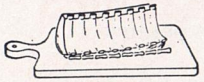
Pork 'N Lima Casserole

By popular demand, a flavor favorite.

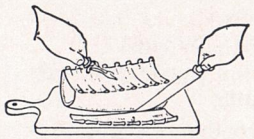
2 to 4-pound smoked pork shoulder butt
½ pound diced salt pork
1 pound dry lima beans
Water
1 cup chopped onion
2 tablespoons molasses
1 tablespoon cornstarch
¾ cup brown sugar
1 teaspoon dry mustard
½ teaspoon salt
¼ teaspoon pepper

Wash beans, cover with 4 cups water and simmer for 30 minutes. Add smoked pork shoulder butt, salt pork, onion and additional water to cover meat and beans. Cover tightly and simmer for 1½ hours. Turn meat and continue to simmer covered for 1 to 1½ hours or until meat and beans are tender. Remove shoulder butt and drain beans. Add molasses, cornstarch, brown sugar, dry mustard, salt and pepper to beans and stir until mixed. Place a layer of beans in a 2½-quart casserole. Slice smoked pork shoulder butt and add a layer of sliced meat. Cover with remaining beans and top with remaining sliced meat. Bake in a slow oven (300° F.) for 40 minutes. 6 to 8 servings.

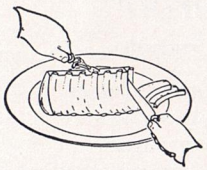
Carving a Pork Loin Roast



Have retailer saw backbone free from ribs for easier carving. Saw cut should not cut into meaty center.



Before the roast is brought to the table, remove the backbone. Do this by cutting close along the bone, leaving as much meat on roast as possible. Place roast with bone side facing carver.



Insert the fork in the top of the roast. Make slices by cutting close along each side of the rib bone. One slice will contain the rib, the next will be boneless.

Patio Pork Roast

Flavorful pork roast enhanced with a unique barbecue sauce.

- 3 to 4-pound boneless pork loin roast, rolled and tied
- 2 tablespoons flour
- 2 tablespoons prepared mustard
- ¼ cup chopped onion
- ½ teaspoon Worcestershire sauce
- 1 cup juice from apple, peach, bread and butter or sweet pickles
- 1 cup catsup

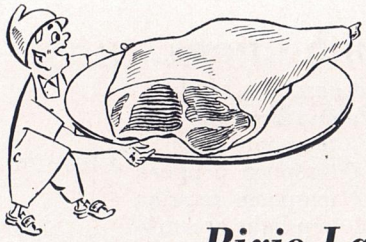
Insert spit lengthwise through exact center of roast using forks or prongs on spit to hold meat in place. Insert spit in oven and cook according to instruction with rotisserie. Place broiler pan (without rack) below meat to catch drippings. Roast at a moderate temperature (350° F.) allowing 25 to 35 minutes per pound or until done. If meat thermometer is used, insert the bulb end until it reaches the center of the thickest part and roast until thermometer registers 185° F. Mix flour and mustard to make a smooth paste. Add onion, Worcestershire sauce, 1 cup juice and catchup and blend well. Brush on pork loin roast during the last half hour of cooking on the rotisserie.

Broiled Smoked Ham Slice

Dad will heartily approve of this outstanding menu selection.

Smoked ham slice, cut 1 inch thick.

Set regulator for broiling. Place ham slice on broiler rack and insert broiler pan so that the top of the ham is 2 to 3 inches from the heat. Broil 8 to 10 minutes or until brown, turn and broil on the second side for 8 to 10 minutes. 4 to 6 servings.



Lamb Recipes

Pixie Lamb Curry

A quick and easy "planned-over" dish.

- 4 cups diced cooked lamb
- ½ cup minced onion
- ⅓ cup lard
- ⅓ cup flour
- 2½ teaspoons curry powder
- 1¼ teaspoons salt
- ¼ teaspoon ground ginger
- 1½ teaspoons sugar
- 1 beef bouillon cube
- 1 cup boiling water
- 2 cups milk
- 1 teaspoon lemon juice
- 1½ cups rice, cooked

Cook onion in lard until clear. Stir in flour, curry powder, salt, ground ginger and sugar. Dissolve bouillon cube in hot water. Add bouillon and milk. Cook, stirring constantly, until thickened. Add lamb and lemon juice. Cook until heated through. Serve over hot rice. 4 to 6 servings.

Serve with the following accompaniments, if desired: crisp, crumbled bacon; chopped, hard-cooked egg; chopped green onions; chopped raisins; shredded coconut; chopped peanuts and chutney.

Breakfast Broil

A supreme selection for that special breakfast or brunch.

- 4 loin lamb chops, cut 1 inch thick
- 4 slices Canadian-style bacon, cut ½ inch thick
- 4 slices thick sliced bacon
- Salt

Set regulator for broiling. Place chops on broiler rack. Insert broiler pan and rack so the top surface of lamb chops is 2 to 3 inches from the heat. Broil 6 minutes. Turn lamb chops and broil for 2 minutes on the second side. Place Canadian-style bacon and thick sliced bacon on broiler rack with lamb chops. Broil the lamb chops and bacon 3 to 5 minutes or until browned. Season lamb chops and serve. 4 servings.

Sunday's Lamb Chops

Variety in flavor that can't be beat.

6 lamb arm chops, cut 1 inch thick
2 tablespoons lard
1 can (4 ounces) mushroom stems and pieces
1 can (16 ounces) whole onions
¼ cup flour
1½ teaspoons salt
¼ teaspoon pepper
2 teaspoons paprika
1 cup light cream

Brown lamb chops in lard. Pour off drippings. Drain mushrooms and onions and save liquid. Add water to liquid, if necessary, to make 1½ cups. Add ¼ cup liquid to lamb chops, cover tightly and simmer 45 minutes or until tender. Remove the lamb chops and add flour, salt, pepper and paprika to liquid in the frying-pan. Add remaining 1¼ cups onion-mushroom liquid. Cook, stirring constantly, until thickened. Add cream and mix well. Add lamb chops, onions and mushrooms to the cream sauce. Cook slowly for 15 minutes or until heated through. 6 servings.

Savory Lamb Shanks

Ideal for any supper. A long remembered taste treat.

4 lamb shanks
3 tablespoons lard or drippings
1½ teaspoons salt
¼ teaspoon pepper
1 cup water
¼ cup capers
Flour

Brown lamb shanks in lard or drippings. Pour off drippings. Add salt, pepper and water. Cover tightly and simmer for 1 hour. Add capers and simmer 30 minutes or until meat is tender. Remove shanks and thicken liquid for gravy. 4 servings.

Leg of Lamb

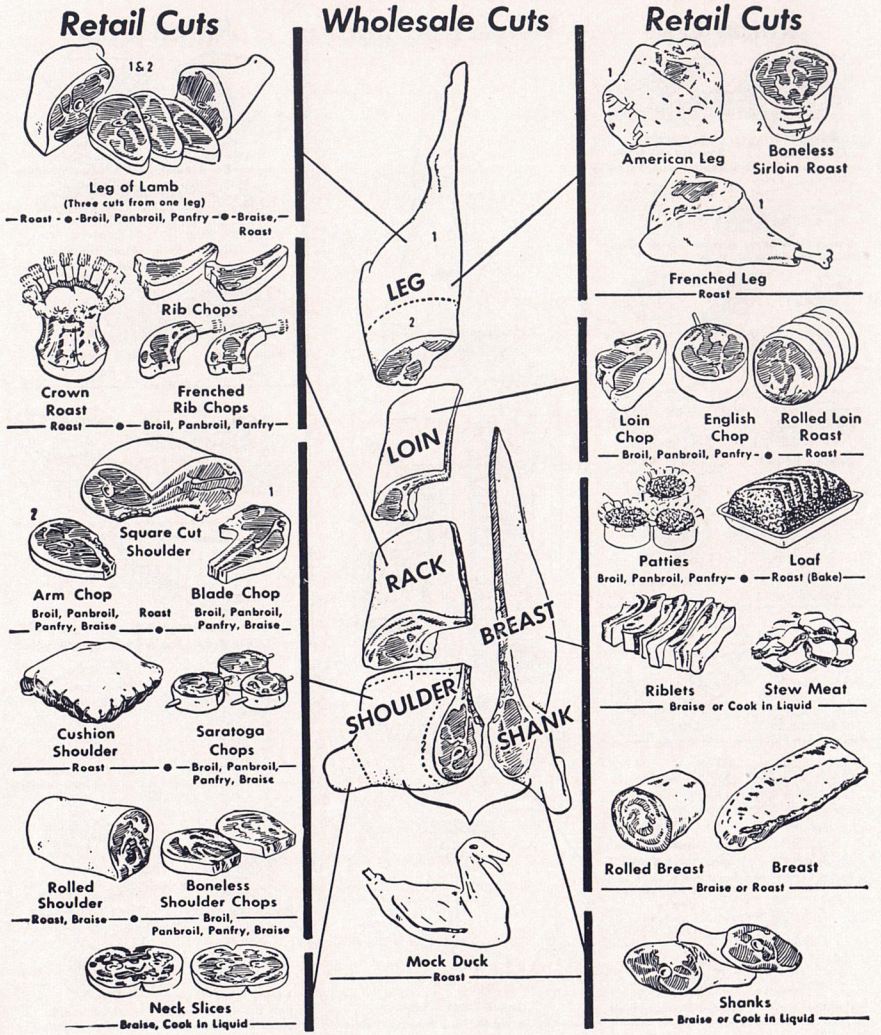
Always correct, traditionally festive and available anytime.

5 to 6-pound lamb leg
Salt
Pepper

Do not have the fell removed from the leg of lamb. Season. Place skin side up on rack in open roasting pan. Insert meat thermometer so that bulb reaches the center of the thickest part of the leg, being sure the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.) for 2½ to 3½ hours or until done. The meat thermometer will register 175° F. for medium-done; 180° F. for well-done. Allow 30 to 35 minutes per pound for roasting.

Meat Cuts and How to Cook Them

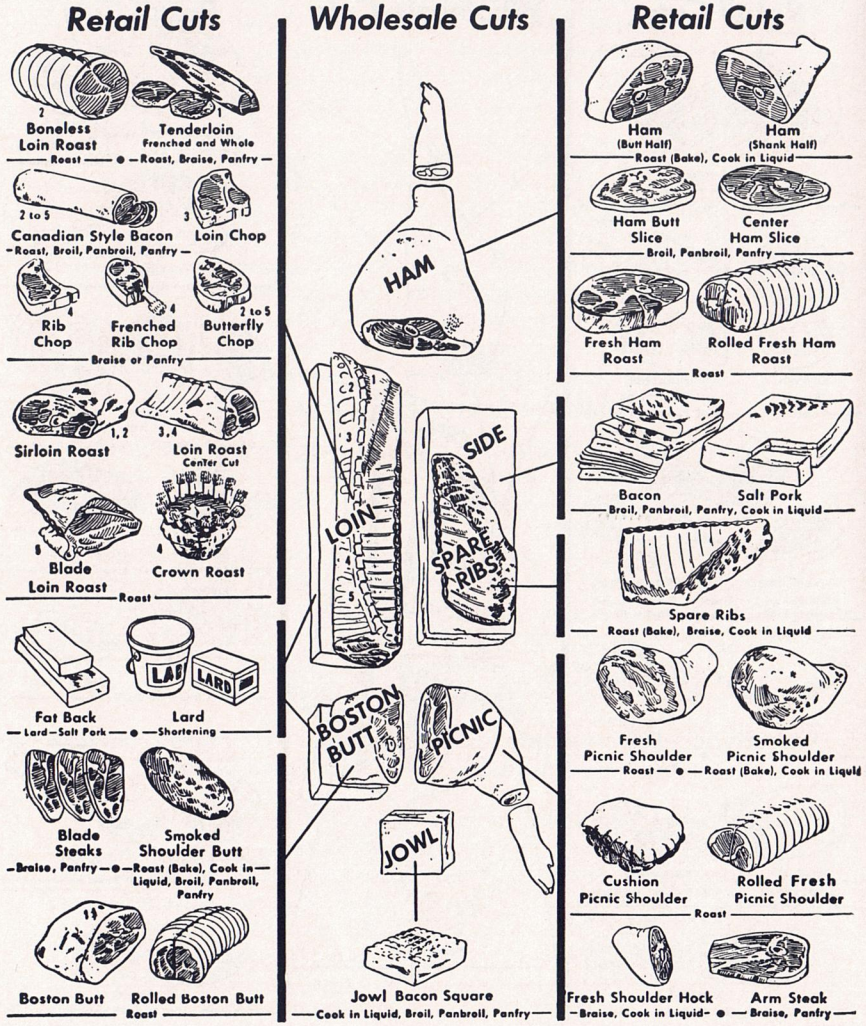
LAMB CHART



NATIONAL LIVE STOCK AND MEAT BOARD

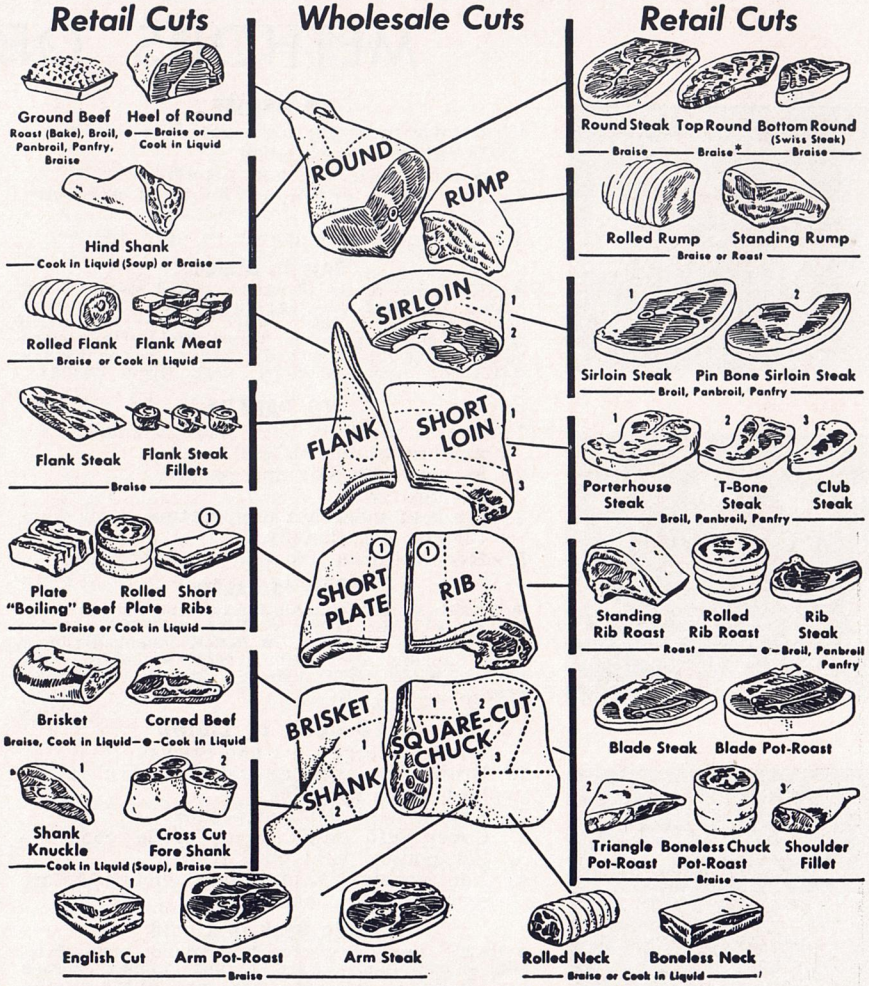
Meat Cuts and How to Cook Them

PORK CHART



Meat Cuts and How to Cook Them

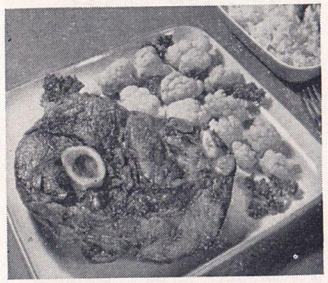
BEEF CHART



*Prime and choice grades may be broiled, panbroiled or panfried

Fantasy of Foods

METHODS OF MEAT COOKERY

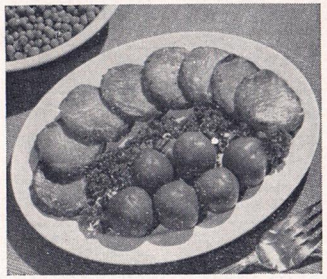


TO BRAISE

1. Brown meat on all sides in fat in heavy utensil
2. Season with salt and pepper.
3. Add small amount of liquid, if necessary.
4. Cover tightly.
5. Cook at low temperature until tender.

Cuts to Braise

● BEEF: pot-roasts, shortribs, round steaks, heart, kidney. ● VEAL: breast, chops (rib, loin, shoulder), steaks, cutlets, heart, kidney. ● PORK (fresh): shoulder steaks, chops, (loin, rib), spareribs, tenderloin (frenched), hocks, heart, kidney. ● LAMB: breast, shoulder, neck slices, shanks.

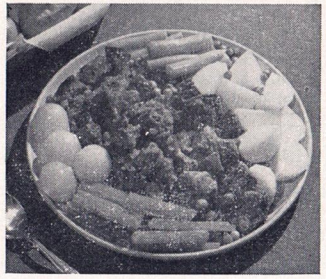


TO PANFRY

1. Brown meat on both sides in small amount of fat.
2. Season with salt and pepper.
3. Do not cover.
4. Cook at moderate temperature until done, turning occasionally.
5. Remove from pan and serve at once.

Cuts to Panfry

● BEEF: steaks (suitable for broiling but cut thin), pattie. ●VEAL: chops, cutlets. ● PORK (fresh): thin chops, tenderloin. ● PORK (smoked): ham slice, Canadian-style bacon, bacon. ● LAMB: chops patties. ● VARIETY MEATS: liver, brains, sweetbreads.



TO COOK IN LIQUID

(Large Cuts and Stews)

1. Brown meat on all sides in own fat or lard, when desirable.
2. Season with salt and pepper.
3. Cover with liquid, cover kettle, cook below boiling point until tender.
4. Add vegetables just long enough before serving to be cooked.

Cuts to Cook in Liquid

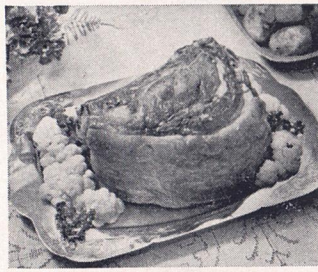
● BEEF: neck, shank, heel of round, plate, brisket, chuck, flank, heart, tongue, kidney, corned beef. ● VEAL: shoulder, flank, neck, shank, breast, tongue, heart, kidney. ● PORK (fresh): hocks. ● PORK (smoked): ham, picnic, butt. ● LAMB: neck, breast, shoulder, shank.

TO ROAST

1. Season with salt and pepper.
2. Place meat fat side up on rack in open roasting pan.
3. Insert meat thermometer.
4. Do not add water. Do not cover. Do not baste.
5. Roast in slow oven—300° F. to 350° F.
6. Roast to desired degree of doneness.

Cuts to Roast

● BEEF: ribs, rump (high quality), loaf. ● VEAL: leg, loin, rack, shoulder, loaf. ● PORK (fresh): loin, shoulder, leg or ham, spareribs, loaf. ● PORK (smoked): ham, picnic, shoulder butt, loaf. ● LAMB: leg, shoulder, loaf.

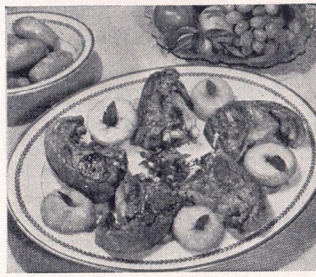


TO BROIL

1. Set the oven regulator for broiling.
2. Place meat 2 to 5 inches from the heat.
3. Broil until top of the meat is brown.
4. Season the meat with salt and pepper.
5. Turn the meat and cook until it is done.
6. Season and serve at once.

Cuts to Broil

● BEEF: steaks (rib, club, tenderloin, T-bone, porterhouse, sirloin) patties. ● VEAL: liver. ● PORK (smoked): ham slice, Canadian-style bacon, bacon. ● LAMB: chops (shoulder, rib, loin), patties, liver, kidney. ● VARIETY MEATS: brains, sweetbreads.

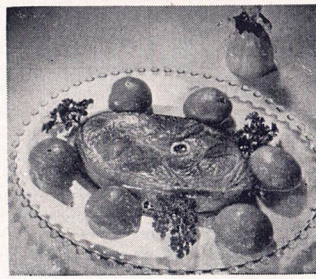


TO PANBROIL

1. Place meat in heavy frying-pan.
2. Do not add fat or water. Do not cover.
3. Cook slowly, turning occasionally.
4. Pour fat from the pan as it accumulates.
5. Brown the meat on both sides.
6. Season the meat and serve at once.

Cuts to Panbroil

● BEEF: steaks (rib, club, tenderloin, T-bone, porterhouse, sirloin) patties. ● VEAL: liver. ● PORK (smoked): ham slice, Canadian-style bacon, bacon. ● LAMB: chops (shoulder, rib, loin), patties, liver, kidney. ● VARIETY MEATS: brains, sweetbreads,.



Time-Table for Roasting

CUT	Approx. Weight	Oven Temperature Constant	Interior Temperature When Removed From Oven	Approximate Time Per Pound
BEEF	*Pounds*	*Degrees F.*	*Degrees F.*	*Minutes*
Standing rib	6 to 8	300	140	18-20
			160	22-25
			170	27-30
Rolled rib	5 to 7	300	140	32
			160	38
			170	48
Standing rump (high quality)	5 to 7	300	150-170	25-30
Rolled rump (high quality)	4 to 6	300	150-170	25-30
PORK—FRESH				
Loin—Center	3 to 5	350	185	35-40
Half	5 to 7		185	40-45
Ends	2 to 3		185	45-50
Picnic shoulder	5 to 8	350	185	30-35
Boned and rolled	3 to 5	350	185	40-45
Cushion-style	3 to 5	350	185	35-40
Boston butt	4 to 6	350	185	45-50
Fresh ham, whole	10 to 14	350	185	30-35
PORK—SMOKED				
Ham*—Whole	10 to 14	300	160	18-20
Half	5 to 7	300	160	22-25
Shank or butt portion	3 to 4	300	160	35-40
Shoulder butt	2 to 4	300	170	35
Picnic shoulder	5 to 8	300	170	35
LAMB				
Leg	5 to 8	300	175-180	30-35
Shoulder (bone in)	4 to 6	300	175-180	30-35
Rolled	3 to 5	300	175-180	40-45
Cushion-style	3 to 5	300	175-180	30-35
VEAL				
Leg	5 to 8	300	170	25-35
Loin	4 to 6	300	170	30-35
Rib (rack)	3 to 5	300	170	30-35
Shoulder (bone in)	5 to 8	300	170	25-35
Rolled	4 to 6	300	170	40-45

* Hams now on market which require shorter cooking period due to method of processing.

Time-Table for Broiling*

CUT	Weight	Approximate Total Cooking Time	
		Rare	Medium
BEEF	*Pounds*	*Minutes*	*Minutes*
Chuck steak—1 inch	1½ to 2½	24	30
1½ inches	2 to 4	40	45
Rib steak—1 inch	1 to 1½	15	20
1½ inches	1½ to 2	25	30
2 inches	2 to 2½	35	45
Club steak—1 inch	1 to 1½	15	20
1½ inches	1½ to 2	25	30
2 inches	2 to 2½	35	45
Sirloin steak—1 inch	1½ to 3	20	25
1½ inches	2¼ to 4	30	35
2 inches	3 to 5	40	45
Porterhouse steak—1 inch	1¼ to 2	20	25
1½ inches	2 to 3	30	35
2 inches	2½ to 3½	40	45
Ground beef patties			
1 inch thick by 3 inches	4 ounces	15	25
PORK—SMOKED			
Ham slice—tendered			
½ inch	¾ to 1	Ham always	10-12
1 inch	1½ to 2	cooked well done	16-20
Canadian-style bacon			
¼ inch slices			6-8
½ inch slices			8-10
Bacon			4-5
LAMB			
Shoulder chops—1 inch	5 to 8 ounces	Lamb chops	12
1½ inches	8 to 10 ounces	are not served	18
2 inches	10 to 16 ounces	rare	22
Rib chops—1 inch	3 to 5 ounces		12
1½ inches	4 to 7 ounces		18
2 inches	6 to 10 ounces		22
Loin chops—1 inch	4 to 7 ounces		12
1½ inches	6 to 10 ounces		18
2 inches	8 to 14 ounces		22
Ground lamb patties			
1 inch by 3 inches	4 ounces		18

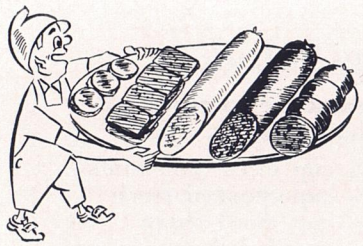
* This time-table is based on broiling at a moderate temperature (350° F.). Rare steaks are broiled to an internal temperature of 140° F.; medium to 160° F.; well done to 170° F. Lamb chops are broiled from 170° F. to 175° F. Ham is cooked to 160° F. The time for broiling bacon is influenced by personal preference as to crispness.

Time-Table for Braising

CUT	Average Weight or Thickness	Approximate Total Cooking Time
BEEF		
Pot-Roast	3 to 5 pounds	3-4 hours
Swiss steak	1½ to 2½ inches	2-3 hours
Fricassee	2 inch cubes	1½-2½ hours
Beef birds	½ inch (x 2 in. x 4 in.)	1½-2½ hours
Short ribs	Pieces (2 in. x 2 in. x 4 in.)	1½-2½ hours
Round steak	¾ inch	45-60 minutes
Stuffed steak	½ to ¾ inch	1½ hours
PORK		
Chops	¾ to 1½ inches	45-60 minutes
Spareribs	2 to 3 pounds	1½ hours
Tenderloin		
Whole	¾ to 1 pound	45-60 minutes
Fillets	½ inch	30 minutes
Shoulder steaks	¾ inch	45-60 minutes
LAMB		
Breast—stuffed	2 to 3 pounds	1½-2 hours
Breast—rolled	1½ to 2 pounds	1½-2 hours
Neck slices	¾ inch	1 hour
Shanks	¾ to 1 pound each	1-1½ hours
Shoulder chops	¾ to 1 inch	45-60 minutes
VEAL		
Breast—stuffed	3 to 4 pounds	1½-2½ hours
Breast—rolled	2 to 3 pounds	1½-2½ hours
Veal birds	½ inch (x 2 in. x 4 in.)	45-60 minutes
Chops	½ to ¾ inch	45-60 minutes
Steaks or cutlets	½ to ¾ inch	45-60 minutes
Shoulder chops	½ to ¾ inch	45-60 minutes
Shoulder cubes	1 to 2 inches	45-60 minutes

Time-Table for Cooking in Liquid

CUT	Average Weight	Approximate Time Per Pound	Approximate Total Cooking Time
	Pounds	*Minutes*	*Hours*
Smoked ham (old style and country cured)			
Large	12 to 16	20	
Small	10 to 12	25	
Half	5 to 8	30	
Smoked ham (tendered)			
Shank or butt half	5 to 8	20-25	
Smoked picnic shoulder	5 to 8	45	
Fresh or corned beef	4 to 6	40-50	
Beef for stew			2½-3½
Veal for stew			2-3
Lamb for stew			1½-2



Sausage, Canned and Ready-To-Serve Meats

Ham Turnovers

Colorful and different individual servings.

- 8 slices "boiled" ham, cut ⅛ inch thick
- ½ cup rice
- ½ cup chopped onion
- ½ cup chopped celery
- 2 tablespoons lard
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ½ teaspoon dry mustard
- 1 egg, beaten slightly
- ¼ cup brown sugar
- 1 can (16 ounces) jellied cranberry sauce

Cook rice and drain. Cook onion and celery in lard until tender. Combine onion, celery, salt, pepper, dry mustard and beaten egg. Add rice and mix well. Spoon about ⅓ cup of rice mixture on each ham slice and form in a roll. Fasten each roll with a wooden pick. Add ¼ cup brown sugar to jellied cranberry sauce, mix well and pour over rolls. Place rolls in a greased 8x12-inch baking pan. Spoon cranberry mixture over rolls. Bake in a moderate oven (350° F.) for 25 minutes. 6 servings.

Tip Top Tomatoes

Whole tomatoes topped with corned beef hash.

- 1 can (16 ounces) corned beef hash
- ¼ cup nonfat dry milk
- 1 teaspoon prepared mustard
- 6 medium tomatoes

Slice tops from tomatoes and scoop out pulp. Combine corned beef hash, milk and prepared mustard. Salt inside of each tomato lightly and fill each with meat mixture. Place tomatoes in an 8x12-inch baking pan. Bake in a hot oven (400° F.) for 25 to 30 minutes or until browned. 6 servings.

Tote Along Salad

Handy to carry and attractive to serve. Perfect for meeting or picnic.

- 2 cans (12 ounces each) luncheon meat, cut into ¾ inch cubes or
- 1½ pounds frankfurters, sliced ¾ inch thick
- 4 hard-cooked eggs
- 1 package (7 ounces) small shell macaroni, cooked
- ¾ cup diced green pepper
- ¼ cup diced pimiento
- ½ cup chopped onion
- ½ cup diced sharp cheddar cheese
- ¾ cup mayonnaise
- 1 tablespoon prepared mustard
- 1 teaspoon salt
- 1 green pepper, cut into 6 rings

Cut 3 eggs in half; sieve yolks and chop whites. Combine luncheon meat or frankfurters, macaroni, chopped egg whites, green pepper, pimiento, onion and cheese. Mix mayonnaise, mustard and salt. Add mayonnaise to salad mixture and toss lightly. Chill. Cut remaining egg into 6 slices. Garnish salad with green pepper rings, egg slices and sieved egg yolks. 6 to 8 servings.

Pork Sausage Links

Special flavor, quick and easy

- 2 pounds pork sausage links
- 2 to 3 tablespoons water

Place sausage and water in cold frying-pan. Cover and cook slowly for 5 minutes. Remove cover and continue cooking slowly until sausage is brown on all sides. 6 to 8 servings.

Sausage and Pancake Rolls

Cook sausage links (see recipe page 26). Prepare pancakes (see recipe page 32). Roll a pancake around each link and serve topped with Raspberry Sauce (see recipe page 32) or Honey Butter (see recipe page 32), if desired.

Bologna and Pancake Stacks

Panfry 3 slices of large Bologna for each serving. Alternate Bologna between 4 pancakes (see recipe page 32). Stack and serve with Honey Butter (see recipe page 32).

Small Fry's Surprise

A one-dish favorite, especially for the children.

- 1 can (12 ounces) luncheon meat
- 1 can (16 ounces) applesauce
- ⅛ teaspoon ground ginger
- 12 whole cloves
- 1 can (1 pound 2 ounces) sweet potatoes
- ½ cup apricot jam
- ½ teaspoon dry mustard
- 1 tablespoon water
- ¼ cup brown sugar

Combine the applesauce and ginger and place in an 8x8-inch baking dish. Cut luncheon meat in half lengthwise. Cut each half, almost through, into 12 squares and stud with cloves. Place on applesauce. Drain and slice sweet potatoes and arrange around meat. Mix apricot jam, dry mustard and water and spread on meat and potatoes. Sprinkle with brown sugar. Bake in a moderate oven (350° F.) for 35 minutes. 4 to 5 servings.

Fancy Franks

Dressed-up franks for any occasion.

- 10 frankfurters
- 10 slices bacon
- 2 tablespoons chopped onion or reconstituted instant minced onion
- 1 cup finely chopped celery
- 2 tablespoons lard
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ⅛ teaspoon poultry seasoning or sage
- ½ cup milk
- 3 cups coarse bread crumbs, toasted

Cut frankfurters lengthwise, almost through. Cook onion and celery in lard until tender. Combine onion, celery, salt, pepper, poultry seasoning, milk and toasted crumbs and mix well. Spoon stuffing into frankfurters and wrap each with a bacon slice. Fasten with a wooden pick. Place frankfurters on rack in a shallow roasting pan. Bake in a hot oven (400° F.) for 25 to 30 minutes or until bacon is cooked. 4 to 6 servings.

Meaty Spread

- ½ pound smoked liverwurst
- ⅓ cup chopped ripe olives
- ¼ cup mayonnaise
- 1 teaspoon lemon juice
- ¼ cup finely chopped dill pickles

Combine liverwurst, chopped olives, mayonnaise, lemon juice and dill pickles. Chill. Serve with crackers.

Hors d'Oeuvres Tray

Party fare for those who care.

An attractive hors d'oeuvres tray can be prepared with an assortment of kabobs (see page 29), crackers spread with deviled ham and liverwurst spread (see page 27), deviled eggs, a tangy sauce or dip (see page 29), salami wedges (see page 28), and the many ideas for hot hors d'oeuvres found on page 29. Finger fruit like kumquats along with vegetable appetizers such as carrot sticks, cauliflowerets, cherry tomatoes, celery and green onions all add color and variety for all guests to help themselves.

Bite-Size Pizza

- 1 can (4 ounces) Vienna sausage
- 6 small English muffins
  or
- 12 2-inch circles of bread, toasted on both sides
- 1 can (8 ounces) tomato sauce
- 1 teaspoon salt
- ½ teaspoon ground oregano
- ¾ cup grated Mozzarella cheese

Split muffins and toast on cut side. Combine tomato sauce, salt and ground oregano. Spread mixture on toasted English muffins or toast circles. Slice each Vienna sausage in fourths. Place 1 to 3 slices of sausage on top of each muffin or toast circle. Sprinkle each with Mozzarella cheese. Broil 3 to 4 inches from the heat for 4 to 5 minutes.

Salami Wedges

- 12 slices salami
- 1 package (3 ounces) cream cheese
- ⅛ teaspoon salt
- 1 tablespoon finely chopped onion
- 3 drops hot pepper sauce
- ¼ teaspoon Worcestershire sauce
- 1 tablespoon milk

Combine cream cheese, salt, onion, hot pepper sauce, Worcestershire sauce and milk. Mix well. Spread 5 slices of salami with cream cheese mixture. Place each slice on top of the other until the 5 form a cylinder. Top with a sixth slice of salami. Repeat procedure for remaining 6 slices of salami. Wrap in waxed paper and chill. When ready to serve, cut each into 4 wedges.

Hot Kabob Hors d'Oeuvers

- ½ pound ground beef
- ½ teaspoon salt
- 1 can (4 ounces) Vienna sausage
- 1 can (12 ounces) luncheon meat
- White bread
- Melted butter
- Sliced bacon, cut in half
- Large stuffed olives
- Small round crackers
- Large pitted ripe olives
- ½ cup catchup

Combine ground beef and salt. Shape into small balls about ¾ to 1 inch in diameter.

Cut Vienna sausages in thirds or halves. Cut can of luncheon meat into approximately sixteen 1-inch squares.

Slice white bread 1 inch thick, remove crusts and cut into 1-inch squares. Spread all sides with melted butter.

Wrap some of the stuffed olives with ½ slice of bacon.

Use Catchup for a dip.

Thread wooden picks with the following combinations to provide a variety of kabobs:

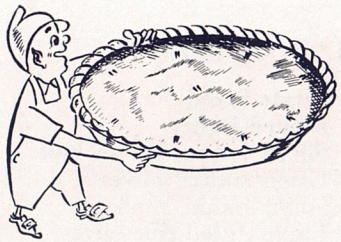
1. One piece of luncheon meat, stuffed olive and piece of Vienna sausage.
2. Vienna sausage, square of buttered bread and olive wrapped in bacon.
3. Ground beef ball, square of buttered bread and olive wrapped with bacon.
4. Ground beef ball, olive and catchup-dipped luncheon meat.
5. Catchup-dipped luncheon meat, small round cracker, olive wrapped in bacon and ground beef ball.
6. Vienna sausage, wrapped olive and ground beef ball.

Place kabobs on rack of broiler pan. Insert broiler pan and rack so kabobs are 3 to 4 inches from the heat. Broil until browned, turn and broil on the second side.

Tangy Dip Sauce for Hot Hors d'Oeuvres

- ½ cup chili sauce
- ⅓ cup catchup
- 3 tablespoons prepared horseradish
- 1½ teaspoons Worcestershire sauce

Combine chili sauce, catchup, horseradish, and Worcestershire sauce. Mix well.



Baked Goods

Plum Buckle

Cheers for breakfast fare. Teenagers beg for more.

- 2 cups Homemade Biscuit Mix (see recipe page 37)
- ¼ cup light brown sugar
- 1 tablespoon flour
- ¼ teaspoon cinnamon
- 1 tablespoon butter
- 2 tablespoons slivered almonds
- 1 can (1 pound 1 ounce) purple plums with sirup
- ⅓ cup granulated sugar
- 2 eggs, beaten
- ¼ cup milk

Mix brown sugar, flour and cinnamon; stir in butter and add almonds for topping. Grease a 6x10-inch baking pan.* Drain plums well and save sirup. Pit and cut plums in half. Combine Homemade Biscuit Mix and granulated sugar. Add beaten eggs and milk and mix. Turn into greased baking pan. Arrange drained plums over batter. Sprinkle with topping and bake in a hot oven (400° F.) for 25 to 30 minutes or until done. Serve warm with Spiced Plum Sauce. 6 servings.

*If glass baking dish is used, reduce oven temperature to 375° F.

Spiced Plum Sauce

- ¼ cup sugar
- 1 teaspoon cornstarch
- ½ teaspoon cinnamon
- 1 teaspoon lemon juice
- ½ teaspoon brandy flavoring
- 1 tablespoon butter
- 1 cup sirup from plums

Combine sugar, cornstarch, cinnamon, lemon juice, brandy flavoring, butter and plum juice. Cook slowly, stirring constantly, until mixture becomes thick and clear, about 5 minutes. Yield: 1 cup.

Oatmeal Bread

The fresh-baked aroma of Grandma's kitchen.

- 1 cake yeast
  or
- 1 package dry yeast
- ¼ cup lukewarm water
- 1½ cups boiling water
- 1 cup quick-cooking oats
- ¼ cup melted lard
- ½ cup molasses
- 2 teaspoons salt
- 5½ to 6 cups sifted enriched flour

Soften yeast in lukewarm water. Pour boiling water over the oats. Add melted lard, molasses and salt to oat mixture. Cool until lukewarm. Add yeast and mix well. Add flour. Knead until all the flour is used. Place in a greased bowl, cover, set in a warm place and let rise until double in bulk. Punch down and divide dough in half, shape and place in 2 greased 5x9-inch loaf pans. Let rise until double in bulk. Bake in a moderate oven (350° F.) for 45 to 50 minutes or until done.

Variation: Add ½ cup chopped candied fruit and ½ cup raisins to dough after some of the flour is added. After kneading, divide in half, bake one half as a loaf of fruit bread. Shape remaining portion into 12 fruit rolls. Bake loaf of bread according to instructions above. Let rolls rise until double in bulk. Bake in a hot oven (400° F.) for 20 minutes or until done.

Scottish Delights

After-school snack or lunchbox surprise.

- 1½ cups sifted enriched flour
- 2 teaspoons baking powder
- 1 teaspoon soda
- 1 teaspoon salt
- ¾ cup lard
- 1 cup granulated sugar
- 1 cup brown sugar
- 2 eggs
- 1 teaspoon vanilla or maple flavoring
- 1 cup shredded coconut
- 3 cups quick-cooking oats

Sift together flour, baking powder, soda and salt. Cream lard, graulated sugar and brown sugar. Add eggs and flavoring. Stir in sifted dry ingredients, coconut and oats and mix well. Drop by teaspoonsful, 2 inches apart, on a greased baking sheet. Bake in a moderate oven (375° F.) for 10 to 12 minutes or until lightly browned. Yield: 6 dozen.

Pancakes Plus

Light and tender pancakes served in a variety of ways.

3 cups Homemade Biscuit Mix (see recipe page 37)
4 eggs
2 cups milk
2 tablespoons sugar

Beat eggs, add milk and mix well. Combine sugar and Homemade Biscuit Mix and add to eggs and milk. Blend all ingredients. Do not overmix. (Small lumps will be present in the batter.) Heat griddle or heavy frying-pan slowly until moderately hot. Pour batter onto hot griddle, allowing about 3 tablespoonsful batter for each pancake. Cook until bubbles form on top side or until edges of pancakes become slightly dry. Turn and brown the second side. Serve Honey Butter or Raspberry Sauce with pancakes, if desired. Yield: 2 dozen.

VARIATIONS:

Blueberry Pancakes—Add ½ cup frozen sweetened blueberries which have been thawed and drained to the basic batter.

Pecan Pancakes—Add ½ cup chopped pecans to the basic batter.

Raspberry Sauce

1 package (10 ounces) frozen raspberries
1 tablespoon cornstarch
¼ cup water

Defrost raspberries. Mix cornstarch and water. Add to raspberries and cook, stirring constantly, until thickened.

Honey Butter

¼ cup butter
½ cup honey.

Combine butter and honey. Heat and serve hot.

Deviled Ham Filling

1 can (2¼ ounces) deviled ham
2 tablespoons dairy sour cream
½ teaspoon chopped parsley

Combine the deviled ham, sour cream and parsley. Spread on hot pancakes, roll and serve.

Cottage Cheese and Sour Cream Topping

1 carton (12 ounces) cottage cheese
1 cup dairy sour cream
¼ teaspoon nutmeg

Combine the cottage cheese, sour cream and nutmeg and serve over hot pancakes.

Apple Filling or Topping

1 can (1 pound 4 ounces) sliced apples
2 tablespoons melted butter
¼ cup brown sugar
⅛ teaspoon ground ginger
½ teaspoon cinnamon
½ teaspoon salt

Combine the sliced apples, melted butter, brown sugar, ground ginger, cinnamon and salt. Serve over hot pancakes or between 2 hot pancakes.

Spicy Applesauce Cake

A shower gift or church supper cake.

1¾ cups sifted cake flour
½ teaspoon salt
1 teaspoon soda
2 teaspoons cinnamon
1 teaspoon ground cloves
1 tablespoon instant coffee
½ cup lard
1 cup sugar
1 teaspoon vanilla
1 egg
½ cup buttermilk
½ cup applesauce

Grease the bottom of an 8x12-inch cake pan. Sift together cake flour, salt, soda, cinnamon, ground cloves and instant coffee. Cream lard with sugar until light and fluffy. Add vanilla and egg and mix well. Combine buttermilk and applesauce. Add sifted dry ingredients alternately with milk and applesauce. Pour into cake pan and bake in a moderate oven (350° F.) for 30 minutes. Cool. Frost with Seafoam Icing.

Seafoam Icing

1¼ cups brown sugar
3 tablespoons cold water
⅛ teaspoon salt
1 egg white
1½ teaspoons corn sirup
½ teaspoon vanilla

Combine brown sugar, cold water, salt, egg white and corn sirup in top of double boiler. Beat until thoroughly mixed. Place over boiling water and beat constantly until the icing will stand in peaks. Add vanilla.

Golden Gems

A king's ransom in each satisfying bite.

⅔ cup (¼ pound) dried apricots
½ cup water
¼ cup lard
¼ cup granulated sugar
¼ teaspoon salt
1 egg
1 cup sifted enriched flour
⅓ cup sifted enriched flour
½ teaspoon baking powder
¼ teaspoon salt
2 eggs
1 cup brown sugar
½ teaspoon vanilla
½ cup chopped pecans
Confectioners' sugar

Cut apricots into quarters. Add water and simmer, stirring occasionally, for 10 minutes. Cream lard and sugar. Add salt, egg and 1 cup flour. Mix well. Spread mixture evenly in an 8x12-inch ungreased baking pan. Bake in a moderate oven (350° F.) for 15 to 20 minutes or until lightly browned. Sift together ⅓ cup flour, baking powder and salt. Combine eggs, brown sugar, vanilla and sifted dry ingredients. Fold in apricots and pecans. Spread mixture evenly on partially baked dough and continue baking in a moderate oven (350° F.) for 25 to 30 minutes or until browned. Cut into 2-inch squares when cool and roll in confectioners' sugar. Yield: 2 dozen.

Ritzy Raisin Pie

Another fine pie made with pure lard.

1 cup seedless raisins or chopped prunes
1 egg
1 cup sugar
1 tablespoon flour
¼ teaspoon cinnamon
¼ teaspoon nutmeg
½ teaspoon salt
1½ cups dairy sour cream
Pastry for double 9-inch pie (see recipe page 38)
Milk

Beat egg until thick. Mix together sugar, flour, nutmeg, cinnamon and salt. Add to beaten egg. Fold mixture into sour cream. Fold in raisins. Divide pastry into 2 parts. Roll half of pastry to about ⅛ inch thickness and line a 9-inch pie pan with pastry, allowing ½ inch pastry to extend over edge. Add filling. Roll remaining pastry for top, cut into strips about ¾ inch wide and arrange over filling to form a lattice top. Fold lower crust over lattice ends, and crimp edge. Brush lattice pastry with milk, if desired. Bake in a moderate oven (375° F.) for 50 to 60 minutes or until lightly browned.

Apple Rolls

A dessert favorite. Delicious hot or cold.

2 cups Homemade Biscuit Mix (see recipe page 37)
½ cup milk
1 cup applesauce or canned sliced apples
¼ cup butter, melted
¾ cup sugar
¼ teaspoon cinnamon
¼ teaspoon salt
1 teaspoon grated lemon rind
1 tablespoon lemon juice
1 cup water
Whipped cream

Add milk to Homemade Biscuit Mix, mixing evenly with a fork until dough just holds in a ball. Roll into a rectangle approximately 10x12 inches. Spread with the applesauce or sliced apples and roll lengthwise as for a jelly roll. Cut into 9 slices, 1½ inches thick. Pour melted butter into an 8x8-inch baking pan.* Place the slices, cut side down, on the melted butter. Mix the sugar, cinnamon, salt, lemon rind, lemon juice and water and boil for 5 minutes. Pour sirup over slices and bake in a hot oven (400° F.) for 30 minutes or until done. Serve hot or cold with whipped cream. 8 servings.

*If glass baking dish is used, reduce oven temperature to 375° F.

Sublime Pie

Cool and refreshing. Be sure to prepare two for an encore.

1 baked 9-inch pie shell (see recipe page 38)
1 envelope gelatin
¼ cup cold water
4 eggs
⅓ cup lime juice
¾ cup sugar
⅛ teaspoon salt
½ cup whipping cream
¼ teaspoon cream of tartar
4 to 6 drops green food coloring

Dissolve gelatin in cold water. Separate eggs. Beat egg yolks in saucepan. Add lime juice and ¼ cup of sugar. Cook slowly, stirring constantly, until thickened. Add dissolved gelatin and salt and mix well. Cool. Beat whipping cream and fold into cooled custard. Beat egg whites and cream of tartar until stiff, gradually add remaining ½ cup sugar and continue beating until sugar is dissolved. Fold custard mixture into meringue. Add green food coloring. Pour into baked pie shell and chill until firm, 3 to 4 hours. 6 servings.

Orange Fantasy Cake

A tribute to holidays, special occasions or family meals.

- 4 cups sifted cake flour
- 1 teaspoon soda
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup lard
- 2 cups sugar
- 2 eggs
- 2 teaspoons vanilla
- 2 cups sour milk (2 cups sweet milk and 2 tablespoons vinegar)
- 2 tablespoons grated orange rind

Line the bottom of three 9-inch cake pans with double thickness of waxed paper. Sift together flour, soda, baking powder and salt. Cream lard with sugar until light and fluffy. Add eggs, one at a time, beating thoroughly after each. Add vanilla. Add sifted dry ingredients alternately with sour milk. Fold in orange rind. Pour batter into cake pans. Bake in a moderate oven (350° F.) for 30 minutes. Cool and frost with Moon Glow Frosting.

Moon Glow Frosting

- 4 cups sugar
- 2 teaspoons vinegar
- 1 cup hot water
- ¼ cup butter
- 4 egg yolks
- 2 teaspoons baking powder
- 2 teaspoons orange juice
- 2 tablespoons lemon juice
- 2 teaspoons grated orange rind

Combine sugar, vinegar, water and butter. Bring to a boil, cover and cook for 3 minutes. Continue cooking without stirring until sirup spins a thread 10 to 12 inches long. The thermometer will read 248° F. Beat the egg yolks until thick and lemon colored. Pour one half of the cooked sirup in a fine stream over the egg yolks, beating constantly. Return balance of sirup to range, bring to a boil and then add to egg yolk mixture, beating vigorously. Add the baking powder, orange juice, lemon juice and orange rind. Continue beating until mixture is creamy.

This frosting can be cooled and stored in the refrigerator until needed. The frosting may be thinned, if necessary, by adding fruit juice, milk or cream.

Recipes in this booklet, except those made with cake flour were developed using all-purpose flour. This type of flour is milled so it may be used satisfactorily for all kinds of cooking and baking. Since flours may vary slightly in different areas (both in moisture content and texture) some homemakers may need to make minor adjustments in the amount of liquid used in the recipes calling for all-purpose flour. Add the recommended amount of liquid slowly since soft wheat flour does not require as much liquid.

Easy White Frosting

- 1 cup light corn sirup
- 2 egg whites
- ⅛ teaspoon salt
- 1 teaspoon vanilla

Bring corn sirup to a rolling boil. Beat egg whites. Gradually add one half of sirup to beaten egg whites, beating constantly. Bring sirup to boil again and add remainder to egg whites. Beat constantly until cooled. Add salt and vanilla. Will frost top and sides of three 9-inch layers.

Fireside Doughnuts

Light and tender golden brown doughnuts.

- 4½ cups sifted enriched flour
- 4½ teaspoons baking powder
- 1 teaspoon salt
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon
- 2 eggs
- 1 cup sugar
- ¼ cup melted lard
- 1 teaspoon grated lemon rind
- 1 teaspoon vanilla
- 1 cup milk
- Lard for deep-fat frying

Sift together the flour, baking powder, salt, nutmeg and cinnamon. Beat eggs until thick and lemon colored. Add sugar gradually, beating constantly. Add melted lard, lemon rind and vanilla. Add sifted dry ingredients alternately with milk, mixing only until blended. Do not overmix. Chill for 4 hours. Roll half of the dough out on a floured pastry cloth to ⅓ inch thickness. Cut with floured doughnut cutter. Let stand on waxed paper for 30 minutes. Have lard heated to 365° F. or 370° F. Fry doughnuts until brown on one side, turn, brown on second side. (Doughnuts should be a delicate brown.) Cool on a cake rack and sprinkle with sugar or frost with confectioners' sugar icing. Yield: 3 dozen.

Homemade Biscuit Mix

- 8 cups sifted enriched flour
- ¼ cup baking powder
- 4 teaspoons salt
- 1 cup lard for soft wheat or 1½ cups lard for hard wheat flour

Sift together flour, baking powder and salt. Cut in lard until the mixture has a fine even crumb. Cover closely and store in the

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refrigerator until ready to use. This mixture will keep at least a month in the refrigerator. Yield: 5 batches biscuits with 2 cups of the mixture to the batch.

To make biscuits, add ½ cup milk to 2 cups Homemade Biscuit Mix. Turn onto a lightly floured surface and knead gently for ½ minute. Pat or roll ½ inch thick and cut with a medium-sized biscuit cutter, dipped in flour. Bake in a hot oven (450° F.) 12 to 15 minutes. Yield: 10 to 12 biscuits.

Homemade Pastry Mix

7 cups sifted enriched flour
4 teaspoons salt
1¾ cups lard for soft wheat flour or 2 cups for hard wheat flour

Combine flour and salt. Cut lard into flour mixture with a fork or pastry blender until crumbs are about the size of small peas. Store Homemade Pastry Mix in covered container in refrigerator until ready to use. This mixture will keep at least a month in refrigerator. Yield: 8 single pie crusts.

Pastry for Single or Double Pie.

To make single pie crust, use:

1 to 1¼ cups mix for 8-inch 2 to 4 tablespoons water
1¼ to 1½ cups mix for 9-inch
1½ to 1¾ cups mix for 10-inch

To make double pie crust, use:

2 to 2¼ cups mix for 8-inch 4 to 6 tablespoons water
2¼ to 2½ cups mix for 9-inch
2½ to 2¾ cups mix for 10-inch

Add water to mix, a small amount at a time, mixing quickly and evenly until dough just holds in a ball. Divide pastry if for double pie crust. Roll to about ⅛ inch thickness and line pie pan, allowing ½ inch crust to extend over edge.

For double crust pie, roll other half of pastry, making several gashes to allow for escape of steam. Place over filling and cut ½ inch smaller than lower crust. Fold lower crust over top crust. Crimp edges. Bake according to pie recipe.

For baking pie shell, crimp edge of pastry. Prick pastry with a fork before baking. Bake in hot oven (450° F.) 8 to 10 minutes.

COMMON MEASUREMENTS

3 teaspoons	=	1 tablespoon
16 tablespoons	=	1 cup
4 tablespoons	=	¼ cup
2 cups	=	1 pint
1 liquid cup	=	8 ounces
16 ounces	=	1 pound

COMMON FOOD EQUIVALENTS

1 pound lard	=	2 cups
1 ounce chocolate	=	1 square
1 pound cake flour	=	4½ cups (sifted)
1 pound all-purpose flour	=	4 cups (sifted)
1 pound granulated sugar	=	2 cups
1 pound brown sugar	=	2¼ cups (firmly packed)
1 cup rice	=	3 cups cooked
1 pound almonds	=	3½ cups nutmeats
1 pound pecans	=	4 cups nutmeats
1 pound walnuts	=	4 cups nutmeats
1 average size orange	=	⅓ to ½ cup juice
1 average size orange	=	1 to 2 tablespoons grated pulp
1 average size lemon	=	2 to 3 teaspoons juice
1 average size lemon	=	1½ to 3 teaspoons grated rind
½ pound grated cheese	=	2 cups

COMMON SUBSTITUTIONS

1 tablespoon cornstarch	=	2 tablespoons flour
1 teaspoon baking powder	=	¼ teaspoon baking soda plus ½ cup sour milk